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## Message from Director



Dear Parents and Students,  
2023 is unique for St. Mary's Public School in many ways , One is that, we are alive after the dreadful Covid Pandemic and moving towards this year's festival seasons. Dussehra, Diwali, Gurunanak Jayanti, Eid-e-Milad (Prophets Birthday) and Christmas etc. falls in these months. Let us thank God for everything he has done towards us .

Secondly St. Mary's is in its onward journey of 40 years of existence in the field of education . 2023 is our 40<sup>th</sup> year and to sum up the Journey in few lines is not less than climbing the Mount Everest in one day. I take this opportunity to thank , all the parents ,

well wishers in general and my teaching and non-teaching fraternity in particular for their selfless cooperation and efforts to make ST. MARY'S What it is today.

Now we are in the most and wonderful month of an year ,December. When December comes , celebrations are started especially Christmas, birth of Jesus Christ. The spirit of Christmas is helping another without thought of getting back . Every time we love and help other, it is X'mas and Jesus is born in you.

"If you offer food to the hungry and satisfy the needs of the afflicted , then your light shall rise in the darkness and your gloom be like the noonday (Bible)". Christmas is not the festival of Christians only, but the festival of all men of goodwill, those who are good at heart. "Glory to God in the highest and on earth , Peace to people of goodwill (Bible) Let us open our eyes towards the needy, downtrodden, the hungry, the sick, the homeless and the unwanted.

May the true spirit of Christmas shine in your heart and light your path. May this spirit of happiness and joy last through the coming new year. It is year end , time to thank God for everything and for what we are .

Wish you all Merry Christmas & Prosperous New Year.

**Dr. Thomas George**

**Congratulations!**

## OUR ACHIEVERS

**District-level Competition**  
**English Extempore**



Ishty Mathur of class XB made the school proud by securing **First Position** at the **District level** and **Third Position** at the **State Level** in English Extempore Competition.

**State Level Competition**  
**English Extempore**



Shivam Balhara of class X-C won Silver Medal in the 36 National Games in Park Skateboarding.



**Mrs Karuna Mohapatra**  
Teacher (Neb Sarai)  
won Gold Medal in Delhi  
State Pencak Silat  
Championship 2022-2023

## Quiz Competition



Aaryan of class XII-E and Mrinal Prakash of XII A participated in the Inter School Quiz Competition organized by Indian Oil in lieu of vigilance awareness week, and secured 6th position and won Rs 10,000/-.



Ankit Kumar of class XII-A and Lakshay Pant of class XII-E scored the First Position in Cerebro Quake-2022 Quiz Competition organized by New Green Field School, Saket, and won Trophy, Certificate, and Rs 5000/- cash prize.

## CHARITY

Last Quarter we have Contributed  
**Rs 1,06,000/-** towards various purposes like:

♦ Education ♦ Medical Aid ♦ Religious Institutions

## RUN FOR UNITY



Rashtriya Ekta Diwas provides an opportunity to restate the inherent strength and pliability of our nation towards upholding the unity, integrity, and security of our country. To pay tribute to Sardar Vallabhbhai Patel on his 147th birth anniversary. Our school took part in 'Run for Unity'organised by District Magistrate South and other departments and NYK.

A plethora of activities like Unity run, pledge, and quiz on Sardar Patel was conducted. Students participated with great zeal and enthusiasm and enjoyed it a lot. Caps and participation certificates were distributed to all the students.

**Preksha XII-D**

## कोशिश कर

कोशिश कर, हल निकलेगा ,

आज नहीं तो कल निकलेगा ।

अर्जुन सा लक्ष्य रख, निशाना लगा,

मरुस्थल से भी फिर जल निकलेगा ।

मेहनत कर पौधों को पानी दे,

बंजर में भी फिर फल निकलेगा ।

ताकत जुटा, हिम्मत को आग दे,

फौलाद का भी बल निकलेगा ।

जिंदा रख दिल में उम्मीदों को,

गरल के समंदर से भी गंगाजल निकलेगा ।

कोशिशें जारी रख, कुछ कर गुजरने की,

जो है आज थमा थमा सा चल निकलेगा ।

**भव्या कुमारी IV-C (नेब सराय)**



## MY NEW YEAR RESOLUTION



A New Year's resolution is a tradition in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve his/her behavior at the beginning of a calendar year. During two years of the Covid's roller coaster, we distinguished ourselves from social life. I want to be more social and want to make new friends. My New Year resolution for 2023 is to "Make a New Friend". You may also made one but failed to achieve it that must be a devastating experience but always remember" failing doesn't give you a reason to give up as long as you believe in". But here I didn't mean friends in the virtual world. Having hundreds of online friends is not the same as having a close friend you can be with in person. Online friends can't hug you when a crisis hits, visit you when you are sick, or celebrate a happy occasion with you. Our most important and powerful connections happen when we are face-to-face. So make it a priority to stay in touch in the real world, not just online.

**Pratincha Sharma VIII-A, Devli Branch**

## विक्रम बत्रा

दूर खड़ा वो बैरी पर्वत, तुझको चुप झाके रे,  
झूड़ लगा था गिध्यों का, पर तू हाथ तिरंगा ताकें रे,  
नज़र उठी तो महक गयी वादी, नाम से वीरे,  
घिस के पत्थर चमक गए, जब्बे की आग से तेरे ।

मासूम की जाने लेकर, आतंकी तनते सीना है,  
जिस पर गोली बरसाते ये, वो भी अल्लाह की नियामत है,  
फर्क दोनों में बस इतना था, वो भी जन्में घर-पड़ोस में,  
हम जन्में हिंदूस्तान में ।

ऊपर बैठे हँसते थे वो, रस्ता कहा से पायेगा,  
मस्तक पर है मैं के बेटे, क्या हि तू कर पाएगा,  
बौध के पटका तू भी बोला, सन्न करो मेरे यार,  
गिन के कफ़न में लाया हूँ, जितने तेरे नाम उधार ।

कॉप उठी थी धरती भी, जब हुआ वो कत्ल ऐ आम,  
लाल हुई थी वादी उस दिन, लेकर तेरा नाम,  
टूट पड़ा तू दुश्मन पर, दिल देश की मिट्टी पहनें,  
रौद्र रूप वो देख के तेरा, भागे थे सब भय से तेरे ।

दुश्मन ने घुटने टेके थे, अपना तिरंगा लहराया था,  
आखें सबकी नम थीं उस दिन, क्योंकि हिंदुस्तान ने  
आपना एक बेटा गवाया था ।

**प्रिया शर्मा बारवी-ब**



## हाय रे परीक्षा

हाय! रे परीक्षा,  
जब भी आती है, हमें बहुत रुलाती है।

बच्चों के दिलों में,

भय बना जाती है।

शुरू होने से पहले ही,

रात को नींद नहीं आती है

पेपर पास आते ही,  
विद्यार्थियों को भक्ति में डूबाती है।

जो उन्होंने साल भर नहीं किया

वह सब कुछ उन्हें सिखाती है।

लेकिन पेपर हाथ में आते ही,

सबके होश उड़ जाते हैं।

कुछ याद आए या ना आए,

भगवान बहुत आते हैं।

हाय! रे परीक्षा,

तू कितना सताती है।

क्या तुझे मासूम बच्चों पर,

दया भी नहीं आती है।

**निहारिका सिंघल आठवीं बी देवली**





**Congratulations!**

## OUR ACHIEVERS

### Zonal Competitions



The senior Boys' Basketball team secured First Position by getting First Prize.



The senior Girls' Basketball team secured Second Position by getting Second Prize.

### Inter-school Code Tech competitions



Akhilesh Nautiyal and Rujul Sabhyata of class XI A won First Prize in Webapp Development.



Akshat Duby of class XI A got Third prize in Cryptic Hunt.

The Inter-school Code Tech competitions were held by Birla Vidya Niketan Pushp Vihar.

### Outstanding Achievements of St. Marians



Tanya Kushwaha student of class XII batch 2021-22 got admission to BS Economics at IIT Kanpur.



Nikhil Singh Student of the class XII batch 2021-2022 got admission to B.Tech in Computer Science and Engineering at Delhi Technological University.



Sahil Anand Student of the class XII batch 2020-2021 got admission to B.Tech in Computer Science and Engineering at Delhi Technological University.



Winners of Badminton Competition 2022 (Neb Sarai)



Vansh Secured the Second position in DDA Swimming Tournament in DDA Saket Sports Complex, New Delhi

### MOMENT OF TRIUMPH DISTRICT LEVEL EVENTS RESULTS 2022

#### NEB SARAI

S.NO.	EVENT NAME	POSITION	STUDENT NAME	CLASS	CATAGORY
1	English Debate	Second	Manas Singh Rana	VIII A	Junior Boys
2	English Debate	Second	Dyutit Singh	VIII A	Junior Boys
3	English Poetry	Second	Aryamann Chauhan	VII B	Junior Boys

#### DEVLI BRANCH

S.NO.	EVENT NAME	POSITION	STUDENT NAME	CLASS	CATAGORY
1	Hindi Poetry	Second	Siddhant Bhatt	VII B	Junior Boys
2	Mono Acting	Second	Saaranish Harit	VII C	Junior Boys

#### SAINIK FARM

S.NO.	EVENT NAME	POSITION	STUDENT NAME	CLASS	CATAGORY
1	English Extempore	First	Ishty Mathur	X B	Senior Girls
2	English Declamation	Second	Krishna Sharma	XI A	Senior Boys
3	English Debate	Second	Sebin Roy	XII C	Senior Boys
4	English Debate	Second	Siddhant Sharma	XII A	Senior Boys
5	Hindi Extempore	Second	Pratyush Bisht	X-G	Senior Boys
6	Classical Dance	Third	Krishna Singh Panwar	XII E	Senior Girls



Preethi Chauhan of Class 6 B (Devli) secured Third Position in CBSE Zone - Inter-School Taekwondo Champions



Ayushi Sahoo of Class 6 A (Neb Sarai) Won medal in State Level Skating Championship

### Exun 22 Inter-School Competition



Ritvik of Class X B Secured the Third position in Game Development in Exun 22 Inter-School Competition organized by DPS RK Purum.



## SCREENS STEALING EMPATHY

***"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow". -Jawahar Lal Nehru***

For the young pearls in the social sea, undoubtedly school is the key to unlocking the door to success. Two years remaining home caged inflicted tremendous behavioral change in the young mass. Tender hearts and minds were introduced to digital media and spending more time with mobiles and laptops. This has hit hard two key factors required for developing empathy-ability to read faces and learn social skills. Face-to-face interactions is the only way young children learn to understand non-verbal cues and interpret them. Another research assists that the exciting nature of screen time can trigger the release of dopamine, a feel-good neurotransmitter that makes us associate screens with pleasure and therefore something we want to spend more time with. While pretty much all screen content is intended to capture our attention, some products, like video games, with their impressive graphics and reward-based stories, appeal much more to that dopamine rush. When the game stops, so does dopamine release and for some individuals this can result in irritability, thus making cell phones the most valuable and inseparable part of the kids. Exposure to screens reduces Children's ability to read human emotions and control their frustration. Since now children are in love with animations and video explanations, they need a specific time with screen and internet to study and not what school offers them. So can

we eliminate screen time completely? No, if it's required to rely on screens at certain moments, making sure to control the quality of what they see and engaging with them while they're watching can be one of the solutions. Continuous counselling, engaging more in group activities with peers, encouraging a walk outside when feeling irritated without a screen or a warm talk with parents or siblings, less showing off on videos and feeling the importance of living life to the fullest behind screens, understanding the fact that everything you do is not required to be shared on reels, that life is something personal and it is not safe and cool to put it like an open book on social media.

Understanding the importance of having an interaction with mother nature, watching the birds feeding the strays and proper sleep at night is also called life.

Creating a screen time schedule. Making a screen-free bedroom where kids can shut down screens an hour before sleep shall prove beneficial. One has to be consistent with these small steps to achieve a peaceful humane life. Holding hands with books again not forgetting they remain our old best friends. Shortcuts to things have short-term results and students' life is anyways austerity. The benefits of limiting and even eliminating screen time in these early moments will last a lifetime.

**Mrs. Rinki Rai** Teacher (Sainik Farm)

## WORKSHOP ON STRESS MANAGEMENT

You cannot always control what goes on outside, but you can always control what troubles you within.

This phrase is very true in today's competitive world where everything operates on a global basis, where everyone is perplexed and puzzled, where every moment is a test, and where running hands of the clock reminds us that we have to run and bear loads of responsibilities and live up to everyone else's expectations. All these situations create and lead to stress and strain in life. In order to help the teachers to handle their stress more effectively our school in collaboration with CBSE organized a workshop on stress management for them.

Dr. Sandeep Kumar and Ms. Vandana Banga were the resource persons. The main highlights of the workshop were various types of stress faced by the teachers, stress relaxation therapy that could be followed, and different stress management techniques. The resource persons explained that "Stress can be good or bad, it is our attitude how we tackle it". Answering the queries of the teachers Dr. Sandeep Kumar mentioned that it is important to vent out the feelings in front of the person who could give the best guidance instead of keeping the knots in the mind.

Addressing the gathering, Vice Principal Mrs. Derlin Thomas said that stress and anxiety are an integral part of human nature and it is imperative to know how to deal with it and ultimately overcome it.

The seminar concluded with big smiles on the faces of teachers and a promise to deal with stress in a positive way.

**Mrs. Anita Sharma** Teacher (Sainik Farm)



## MOCK PARLIAMENT

An Educational Philosopher says, "Give the pupils something to do, not something to learn, and when the doing is of such a nature as to demand thinking, learning results naturally". The students of class 9<sup>th</sup> grade enacted the parliamentary operations, demonstrating how lawmakers debate topics, bills are introduced and approved by a vote, and other essential features of the lower house of parliament. Around 50 students participated and created the look of a real parliament. It was an effort to help them to become responsible and informed citizens, we encouraged our pupils to learn about world events and express their own opinions about them.

The session began with the Oath-taking by new members followed by the introduction of new members by the Prime Minister. This was followed by Question Hour, the presentation of committee reports, a calling attention motion, a breach of privilege, the introduction of bills, and their discussion and passage.

Mock parliament platforms are the nurseries of future parliamentarians. Thus, the mock parliament programme would aid in igniting a movement among students to focus their attention on positive and healthy pursuits in order to prepare them to be valuable citizens in the future.

Addressing the gathering, our director sir, Dr. Thomas George, stated that these kinds of activities would improve the foundation of democracy, instill good habits of discipline, and help people to understand how parliament functions.

Both the ruling and opposition positions were represented in the students' mock parliament. It gave pupils the ability to analyse and reflect on the Indian Parliament critically. The session ended with students acquiring an extensive understanding of politics and the functioning of the parliamentary houses.

**Mrs. Sheena Subrahmanian** Teacher (Sainik







## RASHTRAPITA MAHATMA GANDHI

One of the greatest global figures, Mahatma Gandhi inspires millions with his ideas and aspirations. His insistence on the truth and nonviolence serves as a beacon for those battling oppression, bigotry, and injustice. On the occasion of the 153rd birth anniversary of Mahatma Gandhi on October 2, our students speak about what the Mahatma means to them ....

### I AM FASCINATED BY GANDHIJI'S...

#### 1. A PERSONIFICATION OF SELF-BELIEF

For me, Mahatma Gandhi is an icon of self-belief. He was a leader, who made the impossible possible by leading a non-violent movement against British rule. He said: "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end up really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." These lines of the Mahatma have always motivated me in each step of my life. It inspires me every single day.

Pankaj XII-F

#### 2. A LOVER OF CLEANLINESS

For Gandhiji, cleanliness was next to Godliness. He used to guide people on keeping themselves and their surroundings clean. Gandhiji felt that cleanliness was an integral part of life and to maintain it he did a lot and prohibited people from spitting on the roads. A very famous quote by Gandhiji has motivated me and inspired me always— "Be the change you want to see in the world". It applies to cleanliness as well. We should first keep our homes clean and then encourage others to keep their surroundings clean and green.

Sonakshi Bhaskar XI-E

#### 3. A PROMOTER OF WOMEN'S EMPOWERMENT

Gandhiji was ceaseless of women's rights. He had great belief in the abilities of women. He brought women out of their homes and made them take part in all walks of life. Thousands of women took leading roles in freedom movements under his guidance. According to him a woman is a symbol of self-sacrifice and made the world believe that if we want to spread the principle of non-violence, women have to play a great role. He emphasized the empowerment of women.

Rashi IX-A

#### 4. PRINCIPLE OF AUSTERITY

The Mahatma said: "simplicity is the essence of universality". His simplicity was visible in many ways: his dress, his controlled food habits, his spartan lifestyle, and of course his ashrams. I try to imbibe his simplicity in my life and firmly believe that in a world, which has become materialistic, it is essential to stay simple. This would answer many of our problems.

Prabnoor Kaur IX-D

#### 5. A REVOLUTIONARY LEADER

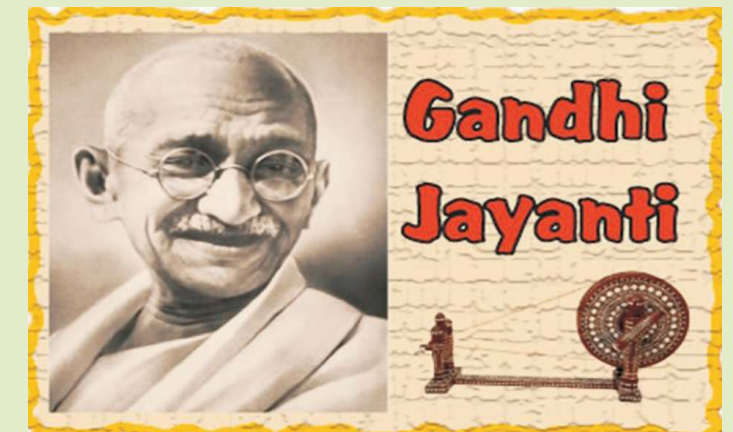
The Mahatma was one of the greatest revolutionaries, albeit his revolution was bloodless and peaceful. His words: "Strength does not come from physical capacity. It comes from an indomitable will" won him many battles. He was instrumental in bringing about a moral and ethical renaissance in India. At a time when several countries are at war, his inspiring words should be the guiding principle in solving many crises.

Baskar Chauhan IX-G

#### 6. AN EXAMPLE OF SHEER DETERMINATION

A renowned satyagrahi, the believer of non-violence, Gandhiji not only spearheaded India's non-violent freedom movement but also influenced various countries around the world in scripting their policies and adopting his ideas. His words: "You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty," give hope to people across the globe to work to help humanity and ease suffering.

Tanya Barman XI-B



#### 7. A TRANSFORMED MENTOR

From being an optimist to a forgiver, Mahatma Gandhi, for me, is a great teacher, who taught the world various life skills that we practice in our day-to-day life. His saying, "Live as if you were to die tomorrow. Learn as if you were to live forever," inspires me to make the most of each day. The way he utilized every minute of his day, try to follow the same. His philosophy, enjoy every moment and make the most of every opportunity, is the motto of my life. I miss no chance to learn anything new or help and support people in whatever way I can. In short, make my life worthwhile.

Prachi Pandey XI-A

#### 8. PASSION TO EXPERIMENT WITH TRUTH

Gandhiji was passionate about experimenting with the truth. He believed that the youth should be able to look within retrospectively, treat experiences as experiments, move on and grow in life. Further, he urged the youth to be passionate about their country, have regard for justice and awaken hearts and minds by invoking one's deep-seated spirituality. A world, which is fast getting devoid of truth and honesty, should imbibe Gandhiji's principles as the guiding light.

Komal XII-E

#### 9. FIRM BELIEF IN 'BE THE CHANGE'

Gandhiji is a visionary as well as a freedom fighter. His belief in nonviolence is a life skill and not just a mere statement. He taught us how to raise our voice within the lines of civility. He believed that an ounce of practice is worth more than preaching, and this is something all of us should follow in heart and soul. His ways of life, if followed in the true sense, will help us in building a society of peace and harmony. His teachings are still inspirational and relevant in this digital world.

Krishna Mishra X-A

#### 10. POWER OF PATIENCE

Gandhiji is the embodiment of ahinsa, love, and truth. He is also the champion of selfless service. However, it is his unwavering patience that motivates me. He said: "If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm." Unfortunately, in today's environment, patience is one of the qualities that is lacking. We want everything at the click of a button. It's time for us to absorb his patience-related ideas.

Tanya Barman IX-G



## INTERNATIONAL TRIP – DUBAI



School trips leaves a great impact in the mind of the students. It allows children to manage themselves along with enjoying with friends and teachers.

I got an opportunity to go to Dubai on 9 November 2022 with few friends and teachers. It was 4 day fun filled and convivial trip which I will never forget. I was excited for the trip, I packed my bags, kept my passport, ID proof, mobile and other accessories and was brimming with full of energy to explore Dubai.

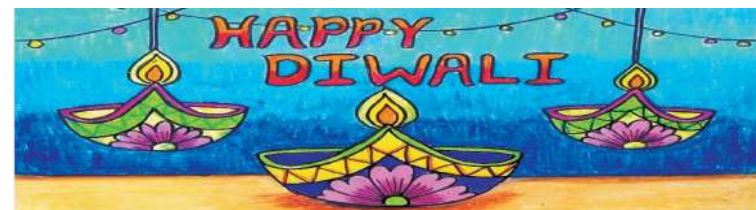
Right from the day 1 till the last day we were on the go, unstoppable to explore Dubai. First we saw Al Noor Mosque, King Faisal Mosque and Islamic civilization museum. Tour guide instructed us about dos and don'ts of the trip to follow there. Then we went to see river land and blue water island followed by dhow cruise dinner.

Next day, we did half Dubai tour to see Jumeirah Beach, Dubai Museum, Mall of Emirates, Deira Abra Ride, Atlantis Hotel, Museum of future and after that it was time for Desert Safari, the most awaited and adventurous one. It was breath-taking moment to cherish for lifetime. Other next two days also followed with same sightseeing and exploring amazing Dubai. To mention few more places were Burj Khalifa, world's tallest building, Marine Show, Incredible Dolphin Dance, Miracle Garden and Meena Bazar. We all bought some or the other things for family and friends.

Time to return back, we all came with bundle of memories to share with our families. Thus, this school trip has not only taught us to be strong and independent but to gain knowledge beyond classrooms. Thanks to the management and the teachers who took great care of us with love and affection.

**Anshika Kumari VIII-D**  
**Atharv Kumar VIII-D,**  
**Yuvaan Shrivastava VI-D**  
(Neb Sarai)

## DIWALI MELA



Diwali the festival of light, the festival that brings happiness, joy, fun, sharing and caring. So, why not to think about the downtrodden people around us and lit a lamp of happiness in their lives also. For this noble purpose, every year our school organizes Diwali Mela, the purpose of the mela is to contribute for charity and give a helping hand to the people who are in need. Hence, the school organized Diwali Mela at Neb Sarai and Devli branch on Saturday 15 October 2022 which was a joy ride for both young and old. Respected Director Sir, Dr. Thomas George lit the lamp and inaugurated the Mela. Amidst the fun at the different stalls like candles and diyas, art and craft, science exhibition and especially food corner attracted the gathering. The colourful items made by our students under the guidance of teachers made the grand mela fair a rocking success. The proceeding of the mela will go to a noble cause of a needy people. Each one of the St. Mary's family, students and parents contributed whole heartedly and generously to make this event a successful one.

**True charity is the desire to be useful to others with no thought of recompense.** By -Emanuel Swedenborg

**Mrs. Sheena Sam** Teacher (Neb Sarai)

## MY SCHOOL TRIP TO DUBAI



As you know Dubai is a city of luxury and magnificent skyscrapers, you'll be happy of experiencing all the luxuries if you spend few days there. That's what happened to me when I went to Dubai on a school trip. I know it was like a dream that came true. Believe it or not all my waiting for the flight was worth it when I stepped back in India, all I had was memories of fine days and nights of Dubai. Our itinerary was made to experience the Luxurious grand fortune hotel, the wonderful Burj Khalifa, the traditional desert safari and the marvelous cruise ride making the night magical and musical. Photos never fail to disappoint us, from the memories hidden inside them and we stopped our journey in between at some photo stops like the Burj al Arab, the Atlantis Hotel, the Palm Jumeirah beach to click some beautiful yet memorable pictures. The trip was the most memorable and exciting for me. This experience will stay like memory for forever. Those were the lovely days that I don't want to forget throughout my life.

**Mammat Sarkar VIII C (Devli)**

## CLUB ACTIVITIES IN MY SCHOOL



School clubs create small communities. They attract students who share the same interests such as dance, arts or dramatics. Clubs also help us in developing skills that are really beneficial for our daily life like personality development, art and craft, cooking without fire and stitching. I liked the dance and dramatics club as they allow us to show a visualization or imagination in a unique way and as a part of dance club, I have learned many new steps and moves which has really improved my sense of dancing. Similar to this, clubs like art & craft, photography and calligraphy let us display our creativity which open the mind and allow us to view things more openly and with innovation. School Clubs also help us to develop social skills in ourselves like in the personality development club and having social skills is an integral value in all functioning societies. For students Club Activities help to utilize their energy completely and explore their talents. Activities create a right mix of co-curricular activities that will stimulate a child's mind and body

**ANMOL RAJ VII B (Devli Branch)**

## Beautiful world of science

Science is inexplicably linked with our life and help us to understand the world around us better. St. Mary's Public School science teachers have been taking many initiatives to generate curiosity and develop scientific attitude among students. Such initiatives encourage learners to create innovate and also to become more responsible. We are shifting from conventional method of teaching to practical and hands-on based learning. Hands-on science is

simply investigating the questions that matter to us by physically doing something to learn. Kids ask so many good questions and many of us learn best by touching and experimenting with real stuff, rather than just reading, watching, or listening.

We often think of science in terms of museums, a lab table with a boring experiment, a chemical reaction, or an equation we had to memorize. We think about hands-on science is "A perspective to approach the world". We are all scientists because we are all interested in learning. From designing a house, to running faster, getting rid of that nasty cold, figuring out why the light bulb keeps blowing out, or trying to win a court case - we are all searching to know more. This is especially true in young kids and exactly what makes hands-on science a key feature of every kid's life. Why does the juice spill, why is the car so noisy, why can't I jump off the couch...they want to know and their natural curiosity is best met with doing real hands-on science.

Hands on science is making a chair out of paper cups, duct tape, and foam board - because it allows us to experience and play while also teaching us about fundamental science. Young kids are not asking about photosynthesis, but are absolutely asking about why leaves are on the ground or why plants need light. They want to know "why" and It is why we have classes about designing shoes, making fidget spinners, why airplanes fly, how to innovate a pen with custom colours, designing lightsabres, and

creating our own mobile art studio that fits in the car seat. Hands-on science matters because it helps us learn. It is especially important that our kids do this every day not because they will all be scientists, but because they all will be curious and need ways to relate and solve the complex problems that the world presents.

**Mrs. Jyoti Upadhyay**  
Science Teacher (Neb Sarai)



**Participation is Important, Winning Come's Second.  
Do your Best, Automatic Success Follows You.**

## ANNUAL SPORTS DAY

Sports play an important role in physical and mental development of an individual. It is a matter of great pleasure for our school to organize SPORTS DAY on 2nd December, 2022, with great enthusiasm. The entire playground was decorated with colourful flags, posters and slogans. The honourable Administrator, Mr. Aby Alex, inaugurated the programme with his gracious presence. Students enjoyed the Sports Day. It was an opportunity for the students to utilize their energy effectively and exhibit their talents. They started the day by taking oath that they will abide by the rules and regulations of sports and sportsmanship. The spirit of true sportsman was reflected in each participant. The task for the participants was not an easy to perform. There were exciting events like "Drag the ball, Hurdles, Balancing Race, Cross the River, Shuttle Run, Ice cream race, Hockey race, Pick the ball it to reach the level of victory. The participants played wonderfully and made it eye catching event for the spectators by their glorious performances. At the end of the programme, all the winners. were appreciated and felicitated by medals and certificates. The event encouraged the students who were watching and enjoying the thrill of Sports Day.

**Mrs. Seema Tomar** PTI (Devli)

## 10 AMAZING SCIENCE FACTS



- 1 The only two animals that can see behind itself without turning are the rabbit and the parrot.
- 2 Hot water freezes faster see more than water.
- 3 The air in an average-sized room weighs about 100 pounds.
- 4 You can't taste food without saliva.
- 5 Grasshoppers have ears in their bellies.
- 6 A medium-sized cumulus cloud weighs about the same as 80 elephants.
- 7 A red blood cell can make a complete circuit of your body in 20 seconds.
- 8 If you were to drive your car to space, it would take about an hour for you to get there.
- 9 Octopuses lay 56,000 eggs at a time.
- 10 An ostrich's eye is bigger than its brain.

**Diksha Aggarwal** Class – VII-C, Devli